



LEARNING LOOP

RETROSPECTIVE

FROM REFLECTION TO IMPROVEMENT

[60] MIN TRAINING



Learning objective

Understand the purpose of the Sprint Retrospective and how the Scrum Team reflects on how they worked, learns from experience and identifies meaningful improvements.

Check-in

THINK ABOUT YOUR LAST RETROSPECTIVE, WHAT HAPPENED AFTERWARDS?

- 1 Reflect individually and make a note for yourself
- 2 Be prepared to share in the big group

WRITE
[3] min

SHARE
[3] min

Concept

CONCEPT VIDEO



RUNTIME
[4] min

[LINK TO YOUTUBE](#)

Exercise

TURN REFLECTION INTO IMPROVEMENT

BRIEF
[5] min

EXERCISE
[20] min

SHARE
[5] min

YOUR CHALLENGE

Help a team turn a recurring problem into a small improvement experiment.

THE SITUATION

The team regularly carries work over to the next Sprint

- 3 of 7 items were not finished.
- Several items were started late
- Testing happened mostly near the end
- The same pattern has happened for several Sprints

EXERCISE STEPS

- 1 START** — Split into groups of 2–4.
- 2 REFLECT** — What do you notice?
- 3 EXPLORE**— What would you like to understand better, create 2-3 questions
- 4 CHOOSE** — What seems most important to improve? Choose one area.
- 5 EXPERIMENT** —What small experiment could the team try next sprint?
Who will make it happen? How will we know if it helped?
- 6 SHARE** — Prepare to present your approach to the group.

Conclusion

YOU HAVE NOW LEARNED

— THE PURPOSE

Reflect on how we worked and identify ways to improve.

— EXPLORE BEFORE SOLVING

Understand what happened before jumping to solutions.

— CHOOSE WHAT MATTERS

Focus on the improvement that matters most.

— TURN LEARNING INTO AN EXPERIMENT

Try one small change and learn from what happens.



Next step

TRY ONE CHANGE IN YOUR NEXT RETROSPECTIVE

TAKE IT BACK TO THE TEAM

Choose **one** thing to experiment with:

- Start with **what happened**, not what went wrong.
- Look for **patterns**, not people to blame.
- Explore **why** before jumping to solutions.
- Choose **one small improvement**, not a long action list.
- Make the improvement **specific enough to try next Sprint**.

Try the change, notice what happens to how the team works

READ MORE

[The Scrum Guide — Schwaber & Sutherland](#)

[The Sprint Retrospective — Scrum Alliance](#)

[What Are Agile Retrospectives? — Atlassian](#)

[How to Run a Sprint Retrospective — Atlassian](#)

[Agile Retrospectives — Esther Derby & Diana Larsen](#)



Evaluation

TRAINING EVALUATION SURVEY

Thank you for joining. Your feedback helps us improve future sessions — it takes less than 5 minutes

[Agile Tribe Learning Loop evaluation survey](#)



CONCLUSION · EVALUATION
